



JR.

LIFEGUARDS



2022

JR. LIFEGUARD

PROGRAM

PARENT
ORIENTATION



COUNTY OF LOS ANGELES DEPARTMENT OF PARKS AND RECREATION

WELCOME *to* ***Santa Fe Dam*** ***Recreational Area***

Address:

15501 Arrow Hwy, Irwindale, CA, 91706





Meet the Staff



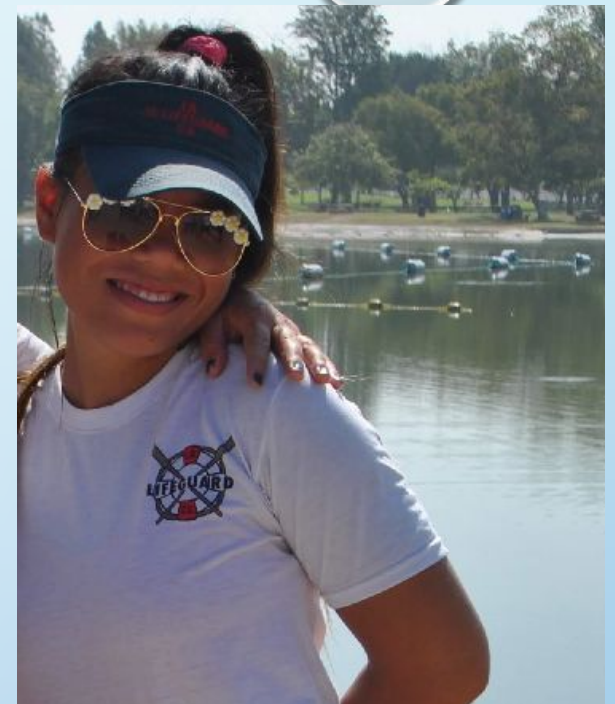
Program Director
Brittany Orduño

Program Coordinator
Nick Lara





Instructor
Justin Schotborgh



Instructor
Christy Lam



Instructor
Nick Garcia



Instructor
Dilan Teodoro



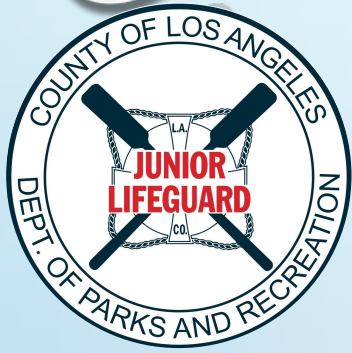
MISSION STATEMENT

- "Provide a challenging and inspiring open water environment which promotes an active and responsible lifestyle, as well as a standard of excellence in the profession of lifeguarding."

Giving kids a place to have fun, be Active and learn skills that one day can assist them in tryout for a job as a lifeguard in the future



HOW WE
COMMUNICATE
WITH YOU



CONTACTS



Email:

santafedamjgs@parks.lacounty.gov

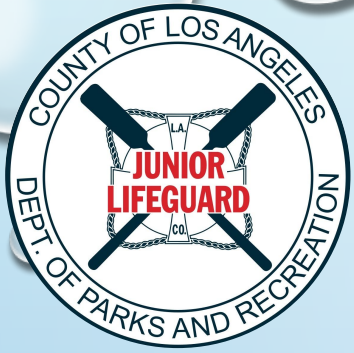
Main Park Office Phone:

(626)334-1065

OFFICE HOURS

8AM - 3PM

MONDAY - THURSDAY



RECEIVING EMAILS DURING



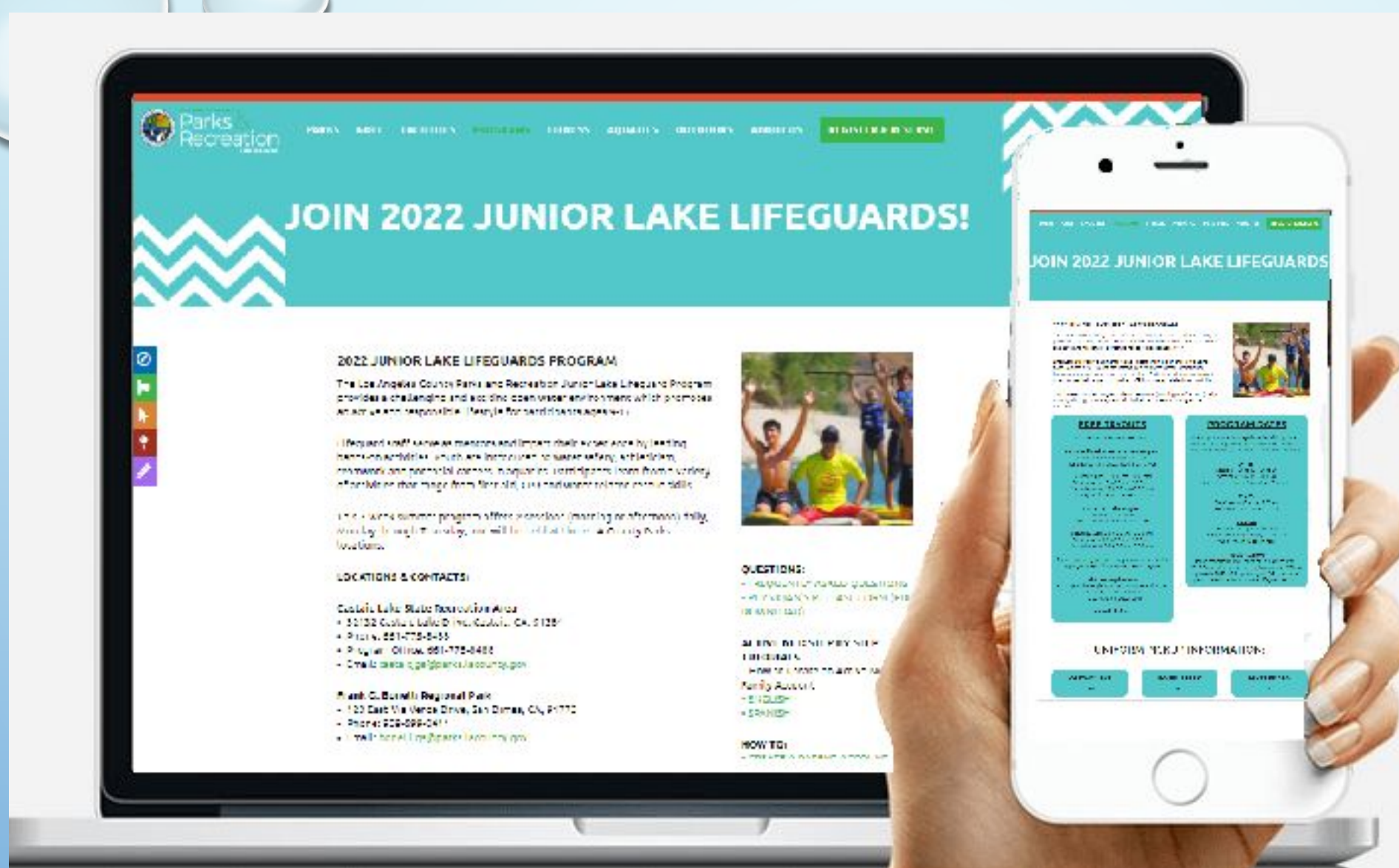
- Emails will be sent through the Active Net System
To: the enrolled participant
- **Please make sure** your child's profile - email contact is a parents email
- Step by step Directions of "[How to Change Family Members Contact](#)" are on our website - under the HOW TO SECTION
parks.lacounty.gov/JUNIORLIFEGUARDS



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[parks.lacounty.gov /juniorlifeguards](https://parks.lacounty.gov/juniorlifeguards)

ALTERNATE WAY TO GET TO JUNIOR LIFEGUARD WEB PAGE



PARKS GOLF FACILITIES PROGRAMS FITNESS AQUATICS OUTDOORS ABOUT US

REGISTER & RESERVE



LOS ANGELES COUNTY
Parks & Recreation
Life. Enjoyed.

PLAY VIDEO

FIND A PARK

REGISTER FOR A
CLASS

Stay Connected

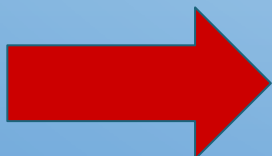
Connect with the Department of Parks
and Recreation.

Email Address

SUBSCRIBE

No Thanks

Remind Me Later



parks.lacounty.gov

ALTERNATE WAY TO GET TO JUNIOR LIFEGUARD WEB PAGE



Parks
Recreation
Life. Enjoyed.

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Remind Me Later

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ALTERNATE WAY TO GET TO JUNIOR LIFEGUARD WEB PAGE

The screenshot shows the homepage of the Los Angeles County Parks & Recreation website. The background is a scenic image of a park with a stream and trees. At the top, there is a navigation bar with the following links: PARKS, GOLF, FACILITIES, PROGRAMS (highlighted in green), FITNESS, AQUATICS, OUTDOORS, and ABOUT US. To the right of the navigation bar is a green button labeled "REGISTER & RESERVE" and a search icon. On the left side, there is a vertical sidebar with social media icons and a "PLAY VIDEO" button. The main content area is divided into four columns: "REGISTER FOR A CLASS" (orange button), "KIDS & FAMILY", "HOBBIES", and "SENIORS". The "KIDS & FAMILY" column lists several programs, with "Junior Lifeguards" circled in red and a large yellow arrow pointing to it. The "HOBBIES" column lists various activities like Crafting, Computer Classes, and Cooking. The "SENIORS" column lists Senior Clubs and Senior Meal Programs. To the right of these columns is a "SCHEDULED EVENTS" section listing Concerts in the Park, Farmer's & Flea Markets, and Movie Screenings. At the bottom right, there is a "Stay Connected" section with a form to enter an email address and a "SUBSCRIBE" button, along with "No Thanks" and "Remind Me Later" links. The URL "https://parks.lacounty.gov/#" is visible in the bottom left corner.

Parks & Recreation
Life Enrichment

PARKS GOLF FACILITIES **PROGRAMS** FITNESS AQUATICS OUTDOORS ABOUT US

REGISTER & RESERVE

REGISTER FOR A CLASS

KIDS & FAMILY

- After-School Program
- Our SPOT for Teens
- Reading Programs
- Toy Loan Program
- Family Field Trips
- Junior Golf**
- Junior Lifeguards**
- Junior Ranger Program
- Mommy & Me
- Parenting Classes
- Splash Pads
- Children's Play Areas
- Teen Clubs

HOBBIES

- Crafting
- Computer Classes
- Computer Labs
- Cooking
- Dance & Theatre Arts
- Gardening
- Model Airplane
- Musical Instruction
- Toastmasters

SENIORS

- Senior Clubs
- Senior Meal Programs

SCHEDULED EVENTS

- Concerts in the Park
- Farmer's & Flea Markets
- Movie Screenings

Stay Connected

Connect with the Department of Parks and Recreation.

Email Address **SUBSCRIBE**

No Thanks Remind Me Later

<https://parks.lacounty.gov/#>

parks.lacounty.gov

[PARKS](#)
[GOLF](#)
[FACILITIES](#)
[PROGRAMS](#)
[FITNESS](#)
[AQUATICS](#)
[OUTDOORS](#)
[ABOUT US](#)
[REGISTER & RESERVE](#)

JOIN JUNIOR LAKE LIFEGUARDS!

[CLICK TO EXPLORE
WEBPAGE](#)

LA County Parks Junior Lake Lifeguard Program offers a wide range of co-ed activities for kids ages 9-17. Lifeguard staff serve as mentors and impart their experience by leading hands-on activities that introduce youth to water safety, athleticism, teamwork and a career in aquatics. Participants will learn from a variety of activities that range from first aid, CPR, rescue skills with paddleboards, rescue cans and more!

Please note: This Summer's program is modified from previous years due to COVID-19 guidelines.

The program offers three 2-week sessions and will be held at three LA County Parks locations:

Castaic Lake State Recreation Area

- 32132 Castaic Lake Drive, Castaic, CA, 91384
- Phone: 661-775-8488
- Program Office: 661-775-8488
- Email: castaicjgs@parks.lacounty.gov

Frank G. Bonelli Regional Park



2021 NEW PARENT ORIENTATION
INFO – PDF

VIDEO: JUNIOR LAKE LIFEGUARD
PARENT MEETING – CASTAIC LAKE

PLEASE VISIT OUR
WEBSITE FOR
**YEAR-ROUND
INFORMATION**

- **CONTACTS**
- **PARK MAPS**
- **PAPERWORK
DOWNLOADS**
- **HOW TO'S**
- **& MORE!!**



SOCIAL MEDIA



Twitter , Instagram, Facebook

@LACOUNTYPARKS



PROGRAM DETAILS



2 Sessions Available

JUNE

(Session 1) June 13 - June 30 (3 weeks / Mon-Thurs)

Classes: AM (8:00am-11:00am) / PM (12:00PM-3:00PM)

JULY

(Session 2) July 11 - July 28 (3 weeks / Mon-Thurs)

Classes: AM (8:00am-11:00am) / PM (12:00PM-3:00PM)

FULL DAY - Kids will get the same training with possible changes to games and activities



PROGRAM CALENDAR



DROP-OFF / PICK-UP TIMES

SESSION 1			
Monday	Tuesday	Wednesday	Thursday
June 13	June 14	June 15	June 16
FIRST DAY AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 2 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 3 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 4 AM 8:00am - 11:00am PM 12:00pm - 3:00pm
June 20	June 21	June 22	July 23
JOHN WAYNE CANCER FOUNDATION PRESENTATION AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 6 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 7 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	PICTURE DAY AM 8:00am - 11:00am PM 12:00pm - 3:00pm
June 27	June 28	June 29	June 30
DAY 9 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	INTRA-LAKE COMPETITION @Santa Fe Dam AM Drop-off @8:00am-3:00pm PM Drop-off @8:00am-3:00pm	DAY 11 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	PARENT COOKIE BANQUET AM Drop-off @8:00am-3:00pm PM Drop-off @8:00am-3:00pm



PROGRAM CALENDAR

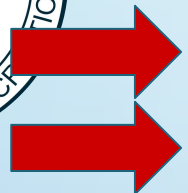


DROP-OFF / PICK-UP TIMES

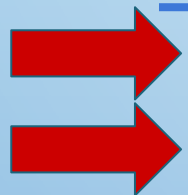
SESSION 2			
Monday	Tuesday	Wednesday	Thursday
July 11	July 12	July 13	July 14
FIRST DAY AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 2 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	JOHN WAYNE CANCER FOUNDATION PRESENTATION AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 4 AM 8:00am - 11:00am PM 12:00pm - 3:00pm
July 18	July 19	July 20	July 21
DAY 5 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 6 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	DAY 7 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	PICTURE DAY AM 8:00am - 11:00am PM 12:00pm - 3:00pm
July 25	July 26	July 27	July 28
DAY 9 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	INTRA-LAKE COMPETITION @Bonelli Park AM Drop-off @6:30am-4:00pm PM Drop-off @6:30am-4:00pm	DAY 11 AM 8:00am - 11:00am PM 12:00pm - 3:00pm	PARENT COOKIE BANQUET AM Drop-off @8:00am-3:00pm PM Drop-off @8:00am-3:00pm



A Typical Day as a Junior Lifeguard



7:30-7:50	AM Session Drop-off, Attendance check-in
8:00-8:30	Warm up and Stretch
8:30-8:45	Sunscreen, and workout preparation
8:45-9:15	Workout
9:15-10:45	Group Activities
10:45-11:00	Clean Up
11:00	AM Session Pick-Up;
11:30-11:50	PM Session Drop-off, Attendance check-in
12:00-12:30	Warm-Up and Stretch
12:30-12:45	Attendance, sunscreen, and workout preparation
12:45-1:15	Workout
1:15-2:45	Group Activities
2:45-3:00	Clean Up
3:00	PM Session Pick-Up



**FULL DAY KIDS
LUNCH TIME**

11:00 AM - 12:00 PM





Age Groups

Kids will be split into age groups:

A Group	ages 14 - 17
B Group	ages 12 - 13
C Group	ages 9 - 11



LEARNING LESSONS



First Aid

- Patient Assessment
- Sudden Illness
- CPR/AED
- Bleeding Control
- Splinting



Lifeguarding

- Paddle Board
- Rescue Cans
- In Water Rescues
- Water Searches
- Water Safety





WORKOUTS



- **RUNNING**
- **SWIMMING**
- **RUN- SWIM- RUN**
- **LONG PADDLE**
- **STRENGTH CONDITIONING**
- **TIMED EVENTS**
- **RELAYS**



PROGRAM ACTIVITIES & EVENTS





PICTURE DAY

THURSDAY - WEEK #2

(for each session)

AM Class @ 8:30 AM

PM Class @ 12:00 PM

Company: Yary Photography



- Photo Forms - are handed out at pick-up a day or 2 before
- Form must be returned ON THE DAY OF PICTURES **ONLY**
- Individual, buddy, and group shots** are available
- Photos will be MAILED HOME by Photographer



SESSION 1
MON, JUNE 20

SESSION 2
WED, JULY 13



JOHN WAYNE
CANCER FOUNDATION

Youth Skin Cancer Education Program for Junior Lifeguards

**The Block the Blaze Program
PROMOTES SUN SAFETY
& SKIN CANCER AWARENESS**

**Mission is to bring courage,
strength, and grit to the fight
against cancer.**

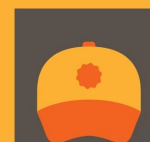


5 Sun Safe Tips
BETWEEN 10AM to 4PM

1
APPLY
SUNSCREEN



2
PUT ON A
HAT



3
WEAR
SUNGLASSES



4
PROTECTIVE
CLOTHING



5
SEEK
SHADE





MILE SWIM



(1 Day - Each Session - Date Undisclosed - can email for more info)

Major Accomplishment:

All age groups end up swimming this event by the end of the session

- FULL LIFEGUARD SUPERVISION
- Younger ages swim with floatation (rescue can assist)

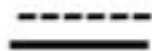
1650 YARDS = 1 MILE

W O W !!!

Mile Long Swim

Award

is hereby earned by:



for outstanding performance and accomplishment of the mile swim

Santa Fe Dam

session 1



Merit Badge Sign off Available

MERIT BADGE REQUIREMENTS:

- Once JG completes the session, blue cards can be brought the last day for sign off.
- Director (Brittany Orduno) is certified merit badge counselor to sign off on Boy Scout blue cards.

For more details visit:

<https://santafedamjgs.weebly.com/merit-badge-info.html>



BOY SCOUTS OF AMERICA®

MERIT BADGE LIST:

(3) Available Merit Badges:

- First Aid
- Swimming
- Lifesaving



BI-ANNUAL INTRA-LAKE COMPETITION





BI-ANNUAL **INTRA-LAKE COMPETITION**



Competition is Back ON!!

- **Compete Against:**
(other Junior Lifeguard Programs)
 - Bonelli Park Jr Guards
 - Castaic Lake Jr Guards
 - (Sometimes) Hansen Dam Jr Guards



BI-ANNUAL **INTRA-LAKE COMPETITION**

- Junior Guards will compete for **medals & awards** within their age groups
- **Parents are welcome** to attend and watch the events





BI-ANNUAL

INTRA-LAKE COMPETITION



WEEK #3 - TUESDAY

(of each session)

- Full day event (but kids can be picked up early - notify age group instructor prior)
- AM & PM Classes will be **competing together**
- **Adjusted Drop-off & Pick-up Times**
(Always Dropping off at Santa Fe Dam)

Locations & Times:

Session 1 - @ Santa Fe Dam 7:30am to 3-4pm

Session 2 - @ Bonelli Park 6:30am to 4-5pm

(Accounting for Traffic or extended time for events)



PARENT SEATING
AVAILABLE ON THE RIGHT
SIDE OF THE
BEACH STATION

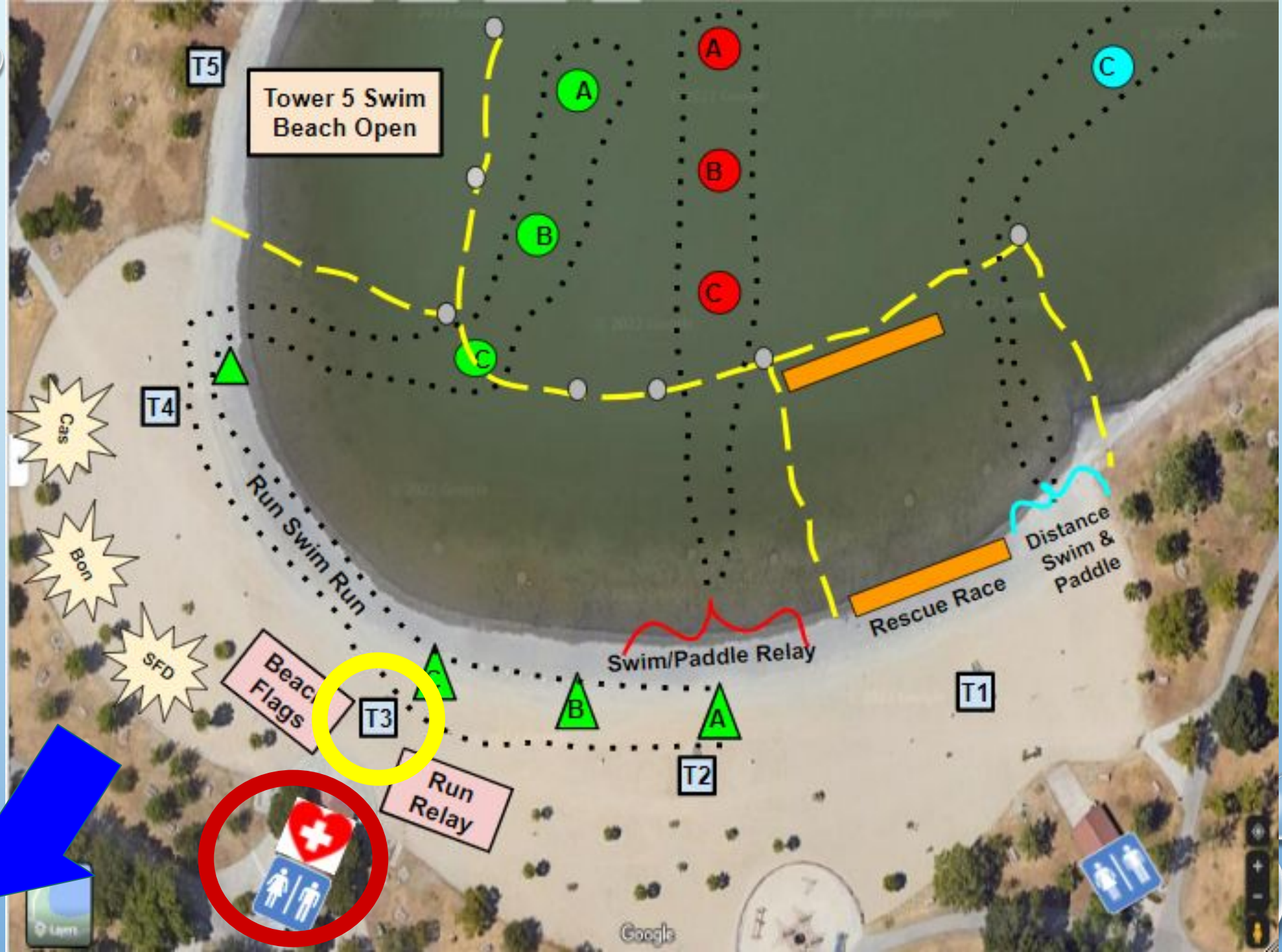
BEHIND LIFEGUARD TOWER 3

BRING YOUR OWN:

- SEATING
- SHADE
- DRINKS / SNACKS

(IF YOU PLAN TO STAY ALL DAY)

PARKING LOT #3





BI-ANNUAL *INTRA-LAKE COMPETITION*

2022 Competition Event Order

A	B	C
Distance Run	Distance Run	Distance Run
Beach Flags	Run Relay	Paddle Relay
Run Relay	Paddle Relay	Beach Flags
Paddle Relay	Beach Flags	Run Relay
Distance Paddle	Run Swim Run	Swim Relay
Swim Relay	Distance Paddle	Rescue Race
Run Swim Run	Swim Relay	Distance Paddle
Distance Swim	Rescue Race	Distance Swim
Rescue Race	Distance Swim	Run Swim Run





PARENT COOKIE DAY / BANQUET



LAST DAY - WEEK #3 (THURSDAY)

(Optional) Parents get to be an honorary Junior Guard for the day!!



**Interactive Daytime
Award Banquet**



**(JG Games, Baked Goods,
Award Certificates)**

ALL DAY EVENT 8:00AM - 3:00PM



PARENT COOKIE DAY / BANQUET



Basic (Rough) Event Layout

8:00-8:15	Parent + kids arrive
8:15- 9:00	Stretch / workout
9:00- 10:30	Fun Group games
10:30-11:30	Scavenger Hunt
11:30- 1:00	Cookies + cookie award + Lunch
1:00 - 3:00	Awards + Freeplay

- Cookies / Lunch Time @ 12pm
- Daytime Awards Handout Ceremony

LEAVING EARLY OPTIONAL:

- Parents can check kids out early or can leave them with us till 3pm.

DETAILS:

- **AM + PM combined**
DROP-OFF for both AM & PM
@8:00 AM-3:00 PM
- **OPTIONAL** for parents to attend or participate in this event.
- **Fun games** with parents
(Land & Water events)

ATTENDING PARENT OPTIONS:

- Attend **all day** or **part of** the day
- **Participation** is Completely OPTIONAL. Can just watch or **pick & choose** to participate in multiple land & water games.





UNIFORMS



Standard Uniform

(INCLUDED WITH PROGRAM FEE)

- JG T-Shirt
- JG Board Shorts
- *(Girls) Swimsuit



Purchasing Extra Items

(optional)

***Sizes may be limited, in some items. First Come First Serve**

- JG T-SHIRT - \$10
- BOYS BOARD SHORTS - \$30
- GIRLS BOARD SHORTS - \$30
- GIRLS SWIMSUIT - \$35
- SWEATSHIRTS - \$25
- RASH-GUARD - \$25
- JG HAT - \$10
- JG VISOR - \$10
- JG BUCKET HAT - \$23
- JG TOWEL - \$20



Uniform Pick-Up

Date: Tuesday, June 7th

Time: 10:00 AM - 6:00 PM

Location: Swim Beach

(Beach operation office, behind lifeguard tower #3)

Parking: *Parking Lot #3*

Appointment Only: *Sign-up for online Time Slot*

Can not attend? - Pick up on **FIRST DAY** of the program + can purchase extras



Uniform Pick-Up



Be prepared to bring:

- (HELPS IF NEEDED) Proof of Purchase Receipt
- Turn in Physical Release Form
- Bring EXTRA FUNDS for purchasing extra uniform items

Pick up:

(Preferred) PAYMENT METHOD: → **CREDIT OR DEBIT CARD**

- Uniform
- Parent Calendar
- PARKING PASS (FREE)**
- Any Permission Slips*

Uniform Handout (Time Slots) - Available Online - link will be sent by email



Update: Extra Uniform Items

(optional)



***Sizes may be limited, for some items.**

First Come First Serve

STILL WAITING ON OUR NEXT ORDER OF:

- HOODIES
- TOWELS

CAN PURCHASE MORE
WHEN PROGRAM STARTS





Extra Uniform Items Details

(optional)



***Sizes may be limited, in some items. First Come First Serve**

JG RASHGUARDS

- Perfect land & water sun protection
- Rashguard = **SPF 50**
- Great for kids who have a hard time putting on sunscreen.
Only need to worry about applying to their FACE, HANDS, LEGS / FEET





Extra Uniform Items Details

(optional)

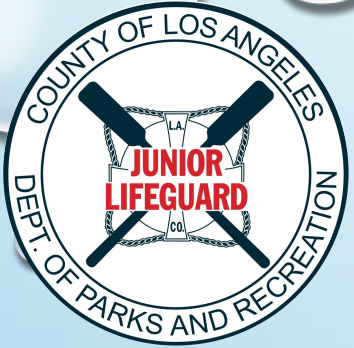
***Sizes may be limited, in some items. First Come First Serve**

JG RASHGUARDS

- Perfect for LAND & WATER EVENTS
- Quick drying Material
- Can wear through the entire day



Already have a Rashguard at home? - Alternative - Bring Any Rashguard, Any color



Extra Uniform Items Details

(optional)



***Sizes may be limited, in some items. First Come First Serve**

JG TOWEL

- Towel are lightweight
- Compact: easily rolled or folded
- Easy to add extra towel to gear bag



EXAMPLE: (1) for drying off from water activities

(1) for land activities (sitting on for warm ups, lunch time, outdoor classroom learning)



Extra Uniform Items Details

(optional)



***Sizes may be limited, in some items. First Come First Serve**



JG HATS - (3) STYLES

- **BASEBALL CAP**
- **VISOR**
- **BUCKET HAT**

Alternative: Bring own hat, must be plain navy or black, with no logos

(Good Sun Protection)





Extra Uniform Items Details

(optional)

***Sizes may be limited, in some items. First Come First Serve**



JG HOODIE

(SWEATSHIRT)

(Comes in Adult Sizes ONLY)

S, M, L, XL

(Great for Cold Mornings)

Alternative: Can wear - plain navy - sweatshirt or sweatpants (No logos)



Don't Forget !!

EVERYONE'S ITEMS LOOK EXACTLY THE SAME



**MAKE SURE YOU KNOW
WHICH ONE IS YOURS**

LABEL ALL ITEMS YOUR CHILD BRINGS TO CAMP (uniform, lunch box, bags etc..)



WHAT STILL
NEEDS TO BE
TURNED IN?



Physical Release Form

Due by First Day of Session OR Can turn in early at Uniform Handout

Please remember!

- Your child CANNOT participate in the program without a Physical Release Form, completed by a physician.
- Must be turned in by the first day of the attended session (or will have to go home / will not be able to return till turned in)



Still Need a Physical?

NEED A LOCATION?



Chiropractic and Soft Tissue Center

Name: Mark M. Dederichs DC.

Address: 709 E Rte 66, Glendora, CA, 91740

Phone: (626) 963-6332

APPOINTMENT ONLY

Call and ask for Debbie to make an appointment.

(They can usually take same day appointments.)

Open Weekdays (ONLY)

[Closed on Tuesdays]

Payment:

\$20 Dollars (CASH ONLY)



Physical Release Form

AVAILABLE FOR ONLINE DOWNLOAD - YEAR ROUND 24/7

VISIT OUR WEBSITE:

parks.lacounty.gov/juniorlifeguards

→ **DOWNLOADS SECTION:**

- **PHYSICIAN'S RELEASE FORM
(PDF DOWNLOAD)**



COUNTY OF LOS ANGELES
DEPARTMENT OF PARKS AND RECREATION
JUNIOR LIFEGUARD PROGRAM
SANTA FE DAM



PHYSICIAN'S RELEASE FORM

Junior Lifeguard Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Home Phone # _____

TO THE PHYSICIAN:

The person you are examining is a participant actively engaged in the Junior Lifeguard Program for the County of Los Angeles Department of Parks and Recreation. As such, this person will be participating in physically demanding activities in a lake setting. Activities will include, but not limited to, swimming, running, boating, calisthenics, and prolonged exposure to sun and heat.

EXAMINATION RESULTS:

The participant named above is:

ABLE ☐ **NOT ABLE** ☐ to participate in the Junior Lifeguard Program.

Birth Date: _____

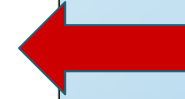
Age: _____

Gender: M ☐ F ☐

RESTRICTIONS (If any): _____

RECOMMENDATIONS (If any): _____

First Page



Has your Doctor
already filled out
a separate
physical form?

You can turn in a
**Copy of an
Official Doctor's
Physical**
on a separate
document.

Just staple a copy
to our form with
the basic
information filled
out for your child.



Second Page

Request Medication/Treatment Given during LA County Jr. Lifeguards Program
(if applicable)

Jr. Lifeguard's Name

Date of Birth

☐ No known medication allergies. ☐ Allergies :

Give daily	Give as needed	Treatment/ Medication as written on bottle or package	Dosage in ml,mg,cc	Time actual hour of day	Route of delivery	Reason medication is given	Start & End Dates actual calendar dates	

Special Instructions:

If inhaler: (please check one of the following options)

☐ Allow Jr. Lifeguard to carry/administer own inhaler - If needed it will be assisted by EMT Lifeguards

☐ Do Not allow Jr. Lifeguard to carry own inhaler, is to be assisted by and kept with EMT Lifeguards.

If allergy kit (please check one of the following options, 911 will be called if Epi-Pen is administered)

☐ Allow Jr. Lifeguard to carry/administer own Epi-Pen. - If needed it will be assisted by EMT Lifeguards

☐ Do not allow Jr. Lifeguard to carry own Epi-Pen it is to be assisted by and kept with EMT Lifeguards.

Does your Junior Guard need to carry/administer medication during camp hours?

If **YES**, a
**DOCTOR MUST
FILL OUT THIS
FORM**



Request Medication/Treatment Given during LA County Jr. Lifeguards Program
(if applicable)

Jr. Lifeguard's Name

Date of Birth



No known medication allergies.

☐

Allergies :

Give daily	Give as needed	Treatment/ Medication as written on bottle or package	Dosage in ml,mg,cc	Time actual hour of day	Route of delivery	Reason medication is given	Start & End Dates actual calendar dates	

Special Instructions:

If inhaler: (please check one of the following options)

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☐ Do not allow Jr. Lifeguard to carry own Epi-Pen it is to be assisted by and kept with EMT Lifeguards.

If your child
does not apply:

NO Medications need
to be carried at Camp

Just Check **“No known
medications”** and
leave the rest blank”



WHAT TO BRING

WHAT TO BRING



REQUIRED DAILY ITEMS:

- Clean Uniform
- Towel
- Sandals
- Running Shoes
- Sunscreen
- Water (lots of it)
- Snack (3 hour day)
- Sack Lunch (6 hour day)

OPTIONAL ITEMS:

- Sunglasses
- Hat
- Swim Goggles
- Water Shoes / Aqua Socks
- Extra Towel
- Navy sweatpants or sweatshirt (for cold mornings)



RUNNING DAILY



RUNNING SHOES ARE A REQUIREMENT

- JGs should arrive with running shoes on and be ready to workout



FOOD AND WATER



NOTE: There are NO FOOD VENDORS INSIDE THE PARK. Please make sure your child is prepared



- Bring lots of **WATER**
(Large Water Container or multiple bottles)

1 Class a Day - (3 Hours)

- Bring a Healthy Snack

2 Class a Day - (6 Hours)

- Bring Healthy Sack Lunch



Arrive wearing daily STANDARD UNIFORM



- JG T-SHIRT or Rashguard
- BOARD SHORTS
- * GIRLS SWIMSUIT

OPTIONAL ITEM:

- JG HAT (bill must be worn facing forward)





SUN PROTECTION

*Recommended to bering **SPF 30 +** or greater Sunscreen*



REQUIRED:

- Sunscreen SPF 30 +

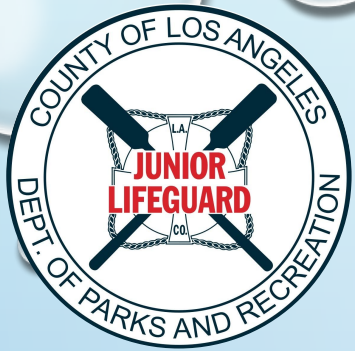
OPTIONAL:

- Rashguard
- Hat
- Sunglasses





PROMOTING
SUCCESS



PROMOTING SUCCESS DISCIPLINE STEPS

- 1ST WARNING - INSTRUCTOR WILL ADDRESS THE BEHAVIOR
- 2ND WARNING - JG IS GIVEN A "TAKE FIVE" (Break to reflect)
- 3RD WARNING - JG WILL MEET WITH THE JG COORDINATOR
WRITE REFLECTION PAGE & PARENT MEETING
- 4TH WARNING - SUSPENSION /OR/ EXPULSION
(Decisions by the Program Director - depending on the severity of the problem)



CELL PHONES & ELECTRONICS



NOTE: All items that are brought to the program are “BRING AT YOUR OWN RISK”

- Cell phones remain in JGs bag
- Cell phones can be used ONLY with the instructor's permission and supervision, to call parent or guardian
- Unauthorized use, will result in the confiscation of the item and will ONLY be returned to the parents or guardian at pick-up

In case of Emergency: If you need to contact your child, please call Main Office (626)334-1065



PARKING LOT
PICK UP
&
DROP OFF



DROP OFF AND PICK UP

- KIOSK - Stop and say “hi!”
- Show Parking Pass
- **DRIVE SLOW 15 MPH ****
- **DROP OFF - No earlier than 30 mins**
before the start of the program
- **PICK UP - Please be on time**

Pick-up Extra Parking Passes from group Instructor



DROP OFF AND PICK UP
Make your Session
Parking Pass is Displayed
or Readily Accessible

**(Kiosk attend it must be able to view it to allow you to
enter the park)**

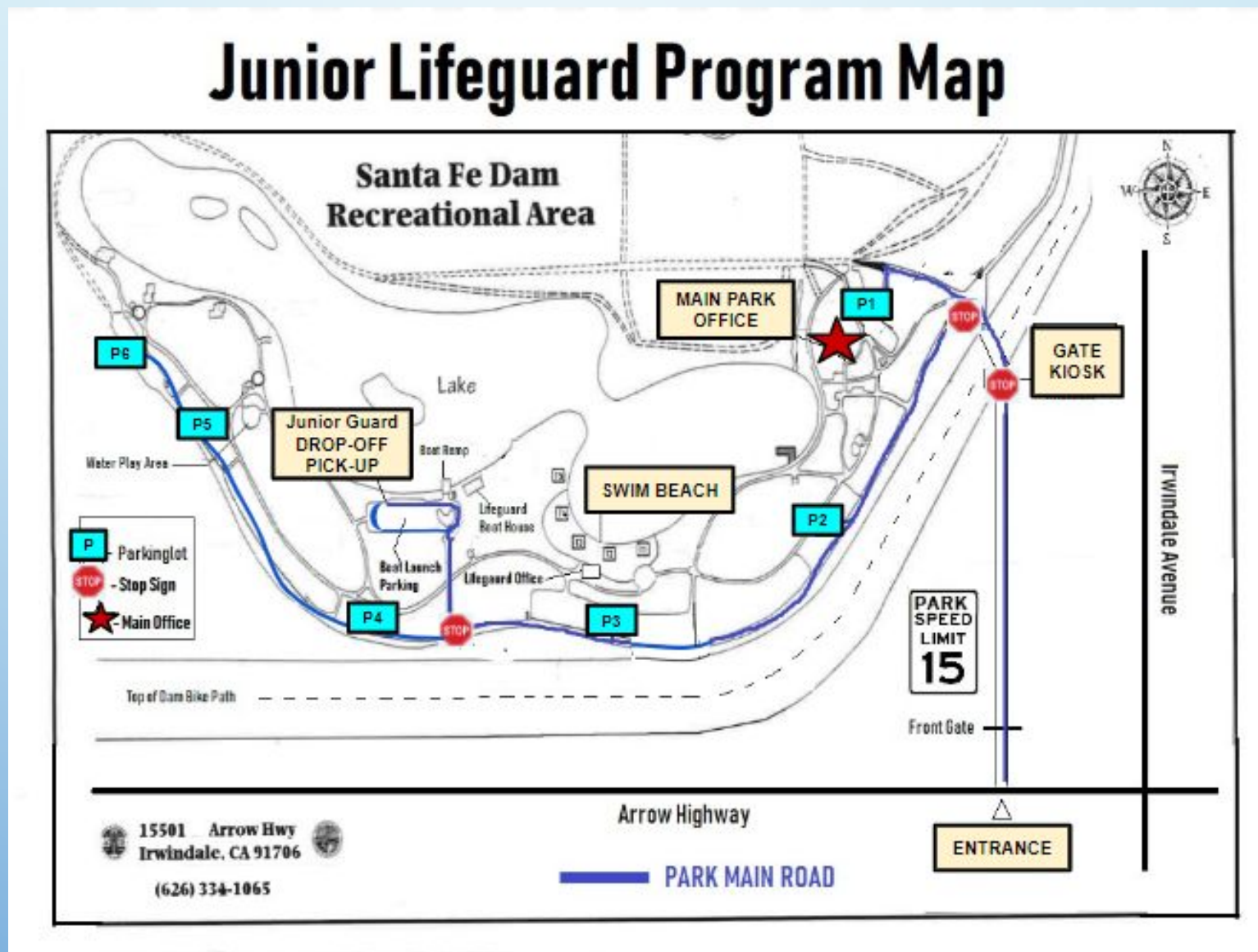
Pick-up Extra Parking Passes from group Instructor



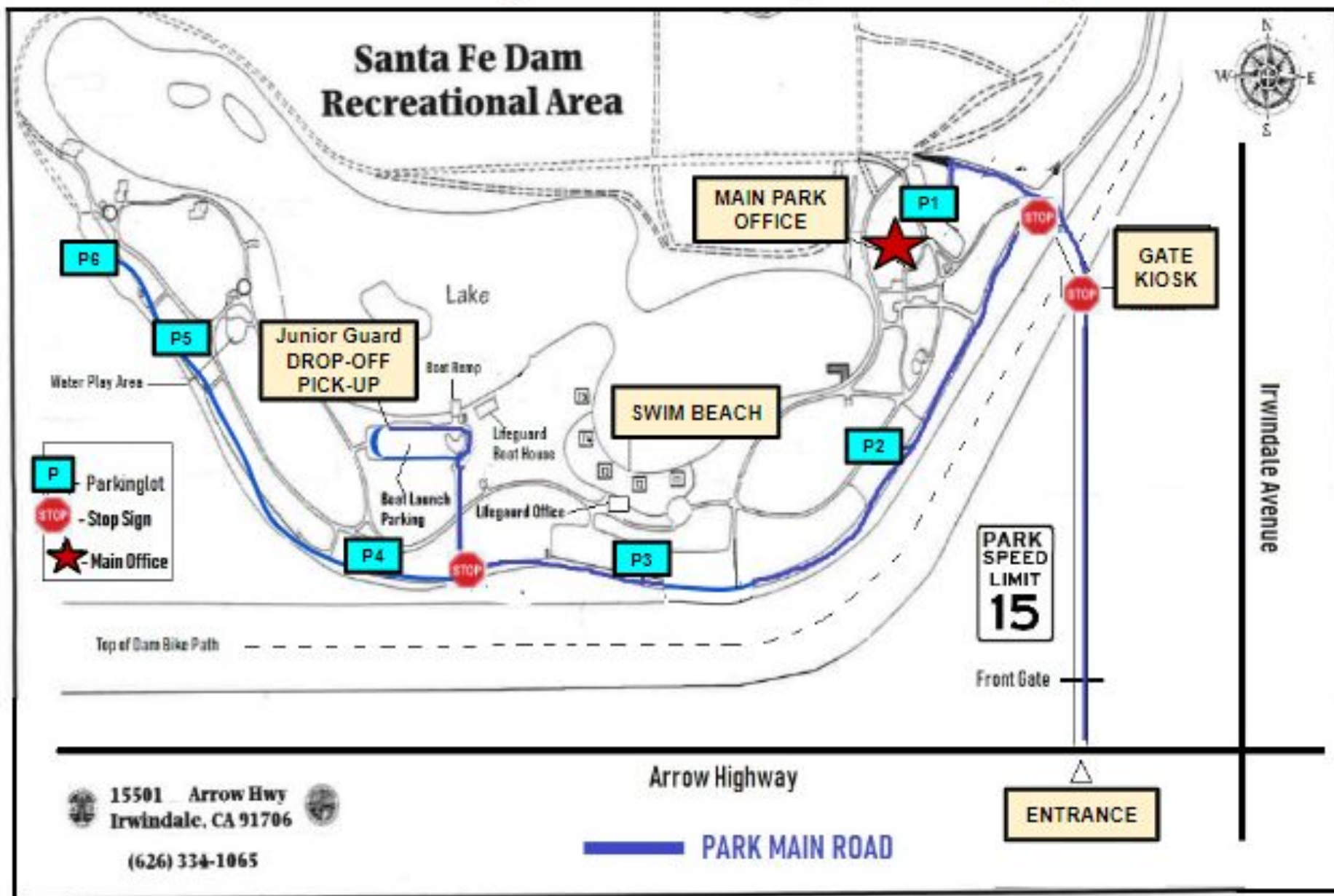
Quick Tour Around the Park



- Where is the entrance?
- Where is the main park office?
- Where is the swim beach?
- Where is drop-off and pick-up area?



Junior Lifeguard Program Map



**LIFEGUARD
BOAT GARAGE**

**DROP OFF
& PICK UP AREA**

Genny parking lot





LEAVING EARLY OR ARRIVING LATE?

EXPECTED

If known in advance, notify your child's Group Instructor at drop-off or pick-up, so we can coordinate this adjustment.

UNEXPECTED

If unexpected, feel free to call the
Main Park Office
(626) 334-1065 or visit one of our Lifeguard
Offices. We will assist you.



PARENT FORUM FOR POSSIBLE RIDESHARE or CARPOOLING

If you are interested in possible ride share with families in your area

WATCHING LIVE

TYPE IN THE CHAT

“RIDESHARE”

Name:

Email:

Phone Number:

City you live in:

OR

NOT WATCHING LIVE

EMAIL THE SAME INFO
TO:

santafedamjgs@parks.lacounty.gov

EMAIL TITLE “RIDESHARE”

WE WILL TRY TO HELP GET FAMILIES
CONNECTED VIA EMAIL CHAIN



DON'T FORGET

- Physician RELEASE FORM DUE First Day
- Check your profile - Make sure your child's email contact is listed as the parent who will keep up on parent emails
- Uniform handout is June 7th 10:00am - 6:00pm
(time slots link sent out by email)



THANK YOU!

See you all Soon!